

COURSE DESCRIPTION

Department of Service Courses

Life Skills **Course Number: 01101121** **(3 CHs)**

- Essential skills: communication, friendship, solving problems and taking decisions.
- Life skills; orientating students on life skills, its theoretical bases and relation with constructive theory.
- Aspects of life skills; emphasis on contents and ways of learning life skills; agents affecting them.
- Models of life skills; personal administration and adaptation.
- Decision taking and critical thinking; educating students on the activities and skills of decision taking, critical thinking and communication skills; personal adaptation and effective thinking.

Course outcomes:

- 1- Knowledge of life skills and theoretical bases
- 2- Understanding methods of learning life skills and affecting agents.
- 3- Understanding the relationship between critical thinking and contemplative thinking and how they lead to effective decisions.
- 4- Practicing activities of communicating and personal administration.
- 5- Acquisition of the correct methods of adaptation and problem solving.